

Raja Yoga is a study of the human mind, becoming aware of its habitual tendencies, and ultimately transcending identification with the body-mind-intellect complex through meditation to rest in the vast ocean of consciousness, which comprises it all. That tradition as it flows through the Hatha Yoga family is what inspired this booklet.

It's just a simple poetic way of remembering daily thoughts that assist us on our yoga journey. Some humore, mixed with some light tears, yet can be savoured like a great red wine. It was birthed as a gift to fellow students in a 200 hour Social Justice and Yoga teachers training facilitated by Prison Yoga Project.

May this small book become an inspiration to realize the totality of what yoga can become for you. May it bring laughter, lightness, and mindful observations along your journey.



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